

# THE COMMUNICATOR

April 3, 2009

Dedicated to Informative Excellence

Issue XVI

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## From A Classroom to the Big Screen: BCC Students Make Movies in The Bronx

By Mary Borrello

Two BCC filmmakers, Mary Borrello and Jennifer Dominguez, were finalists in the 2009 United States Super 8mm Film & Digital Video Festival held at Rutgers University in February. Now in its 21st year, the festival is the largest and longest running film festival in North America. The 21 finalists were selected from over 160 works submitted by film- and videomakers from around the world. "The movies that play at the annual film festival at Rutgers are about discovery as much as experimentation," said Prof. Jeffrey Wisotsky of the Bronx Community College CAS Media Technology Program. "I enjoy attending the festival every year and cheering on this year's finalists. I also got a chance to vote for the 'Audience Choice Award'—Mary's and Jennifer's films were my favorite movies!"

"Taking CMS 61, History and Theory of Film, a Communication Arts and Sciences class, in the fall semester, and CMS 62, Beginning Film and Video Production, was one of the best experiences in my college career. I never would have guessed taking an introduction to film course would lead to making a movie, which would then go on to be in two different festivals and end up winning awards," said BCC filmmaker Mary Borrello.

"One day, coming from my psychology class, I saw a sandwich sign that read CMS 61, History and Theory of Film – Learn More about the Art of Film. I have always been a lover of movies and it seemed like an interesting course but didn't really think it was necessary for my career path or curriculum.

When registration came up I decided to just check to see if perhaps it fit into my schedule, and very lucky for me it did."

"In CMS 61, I learned all about different shots, camera movements, and things I never thought about while watching a film. We had to write short scripts that we got to pitch to a real producer in class. After the semester was over, the professor, who is very passionate about film, told me I should continue on to the production class, CMS 62, because there I would get to see my short, script "Eve's Apples," come to fruition. So I decided to do it. Little did I know that production class would change everything."

*continued on page 4*



BCC Filmmaker Mary Borrello lines up a shot in the BCC Television studio.  
Photograph by Jeffrey Wisotsky

## Women's Virtual Hall of Fame Inducts Tubman, Clinton, and Johnson-Sirleaf

The results from voting in the Third Annual Bronx Community College Women's Virtual Hall of Fame were announced in the Closing Ceremony for Women's History Month on Thursday, March 26th in the Brown Center. The college community voted for women in three categories. The 2009 inductees are Harriet Tubman (Woman from the Past), Hillary Rodham Clinton (American Woman from the Present), and Ellen Johnson-Sirleaf (International Woman from the Present). Members of BCC's Speech Drama and Debate Team delivered stirring acceptances for each of the inductees.

Harriet Tubman was born into slavery on the Eastern Shore of Maryland. She gained international acclaim as an Underground Railroad operator, abolitionist, Civil War spy and nurse, suffragist, and humanitarian. After escaping from enslavement in 1849, Tubman dedicated herself to fighting for freedom, equality, and justice for the remainder of her long life, earning her the biblical name "Moses" and a place among the nation's most famous historical figures. In her acceptance speech for Tubman, Kadian Knight spoke passionately about the impact her abolition work had towards the elimination of slavery in the United States.

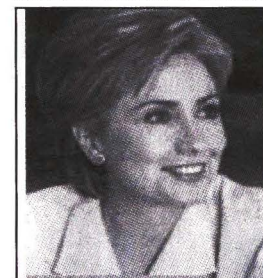
Hillary Rodham Clinton, a Yale Law School graduate, was the First Lady of Arkansas and of the United States, a former member of the US Senate, and a recent candidate for President of the United States. She has been a staunch advocate for families, health-care reform and education. She co-founded the Arkansas Advocates for Children and Families, and, in 1978, became the first female chair of the Legal Services Corporation, appointed by President Jimmy Carter. Currently, Clinton is the 67th US Secretary of State. Anwar Torres, in his acceptance speech for Clinton, recognized her long-standing advocacy for health care and education reform.

Ellen Johnson-Sirleaf is president of Liberia and Africa's first elected female head of state. She served as

Minister of Finance under President William Tolbert from 1979 until the 1980 coup d'état, after which she left Liberia and held senior positions at various financial institutions. She is often referred to as the "Iron Lady," and she is Africa's first elected female head of state. Johnson-Sirleaf is a founding member of the International Institute for Women in Political Leadership. In her acceptance remarks for Johnson-Sirleaf, Diana Roman stressed her strength and courage en route to Liberia's presidency.

This year, more than 45 women were nominated in the three categories. Finalists were Tubman, former US Representative Shirley Chisholm, and humanitarian Mother Teresa (Women from the Past); Clinton, writer Julia Alvarez, and former Secretary of State Condoleezza Rice (American Women from the Present); and Johnson-Sirleaf, journalist Christiane Amanpour, and AIDS researcher Françoise Barré-Sinoussi (International Women from the Present).

Dr. Katherine Culkin's special presentation, *Behind Every Man ... Women's History in the Hall of Fame*, captured the full attention of the large audience of BCC students. She offered an overview of women who, in their own right, such as



Margaret Fuller, made significant contributions equal to those of the more famous men in our historic Hall of Fame.

*continued on page 5*

**Love Does Not Hurt**  
**Stop Domestic Abuse!**



## Letters to The Communicator Editorial Policy and Disclaimer

The Communicator urges students to respond to articles and editorials found in this newspaper. We also urge you speak out on issues that matter to the college community, as well as your neighborhood, the city, state, nation and world-at-large.

The views expressed in published letters are solely those of the writer and do not necessarily represent the views of The Communicator.

- We reserve the right to shorten any letter submitted due to space considerations.
- We reserve the right to refuse publication to any letter due to space considerations, as well as those letters deemed inappropriate because of profane language, non-verification problems and/or slander.
- No letter will be published unless the author submits his or her name, and telephone number.

Submissions should be emailed to The Communicator at [bcc.communicator@gmail.com](mailto:bcc.communicator@gmail.com).

## The Communicator Submission Insertion Dates Spring 2009

If you are interested in having an article, editorial, letter or announcement included in The Communicator, it must be received by the following dates:

### Deadlines

May

Tuesday, May 7, 2009

Please email all submissions to:  
[rowanandrewdavid@aol.com](mailto:rowanandrewdavid@aol.com)

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# Attention

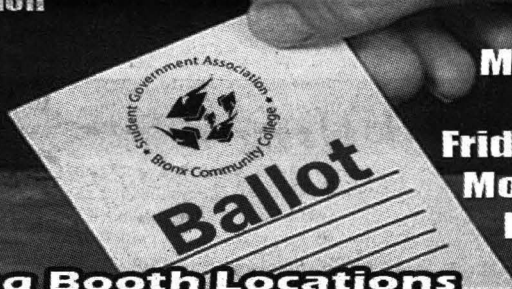
## All Bronx Community College Clubs

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**Contact Charles Sabat**  
**[cbigz1405@yahoo.com](mailto:cbigz1405@yahoo.com)**  
**or**  
**646-544-6285**  
**to arrange for a photo.**

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Association**



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# Writers of the Month

These essays were written by students in Professor Manny Lopez's OCD class in response to viewing an assigned film.

## Global Oneness Project

By Christopher Offiaeli

Global oneness is a way of uniting the world despite our differences like race, color, origin, and ethnicity to build a better world instead of destroying it. It is no doubt very difficult to unite everybody and make them think alike without animosity.

We are trying to colonize one another's mind to force them to believe in what we believe in, and also trying to tell people what to think. This is why it is almost impossible to reach the oneness goal; however, it is possible if we can put aside our differences. There are lots of people who this world actually don't matter to, because they are still fighting for survival and trying make ends meet. It is indeed a very big challenge, the challenge is what we can do to honor and respect every individual that lives in this planet, regardless of their identity, cultural heritage, race and ethnicity. Anything which means people giving up their comfort, they are not willing to do. Most of the things we want for pleasure and comfort like, automobiles, machineries, factories that produces most of the things needed for life basic necessity. That is why we are destroying and using up our natural resources. The question is, how we can put a stop to the pollution of the atmosphere, water, deforestation, and control overpopulation, which is the greatest challenge we are facing.

With every nation developing nuclear weapons, the answer might be blowing up one part of the earth, so that we can have enough room for the rest of us. Nations are rising against nations. There are wars going on in the Middle East, people dying and some people don't even care. The outcome is destroying the earth's natural resources. The most powerful nation decides who can have nuclear weapon and who cannot. Nations dictating how the government of another nation can and can't be run. Imposing beliefs on people and determining the presidency of another nation. People want to experience oneness, yet they can't, they want to participate, yet they

can't, every system tells us that we are free, but it is not true. People are searching for justice and freedom to better the future. Every nation deserves the freedom to run their own.

In conclusion, change is not what we all can adapt at the same time, because even when Jesus and Mohammed came, they couldn't change every one's mind. We have reached a point where they has to be a mutual consent. A kind of development is happening on the planet in nature that even human being cannot be exploited any more. If we are going to get participation of nature, we cannot force anything on anybody anymore, so that we can live in the world of great cultural richness. It is dangerous to search for unity when diversity ends. Furthermore we have to put a stop to superiority. We all are created equal and cannot afford to be divided.

### Love Is Indiscriminate: Adyashanti By Robelkys Vargas

*This essay is a reaction to a short film seen on [www.glob-aloneness.org](http://www.glob-aloneness.org).*

Before I begin with my explanations about Love, I will first emphasize a concept about it: Love is a universal concept related to the affinity between people, defined in various ways according to different ideologies and viewpoints (scientific, philosophical, religious, and artistic). Usually it is interpreted as a feeling and a term often associated with romantic love. For Gottfried Leibniz, "Love is to find in another's happiness your own happiness." In the religious field it presents strong spiritual connotations, so that it transcends the feeling and it becomes to be a state of soul or consciousness,

identified in some religions as God Himself. In *Psychology*, Robert J. Sternberg thinks necessary three elements so there is love: intimacy, passion, and decision or commitment. For Erich Fromm, love is an art.

This video explains us how the motivation by love is stronger than every other possible motivation. It tells us how easy it is for us to be motivated by fear, when this happens we're always worried about what it is going to happen with us if we do this or do that; we're always wondering about what we have to correct about ourselves or about other things. That's not as powerful or strong as it is when we're motivated by love. When we're motivated by love then it becomes more transcendent, more important or significant; and then we're not interested in what things we have to be against, it's then about what to be for; then our conscience only focuses on positive things.

It explains us how an Indian man called Mahatma Gandhi inspired people to not hate and to defend their rights, their rules, and it became very powerful. This video reflects how infinite the power of our conscience can become if it is about what we're for, rather than what we're against.

To conclude my analysis about this video, I think it is a great video, it is really deep and an important resource to study or know a little bit more about our consciousness. It is an excellent analysis about love and fear, about how we show them.

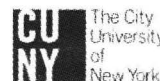
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For more information about joining or starting a club, contact the  
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Roscoe Brown Student Center, Room 309  
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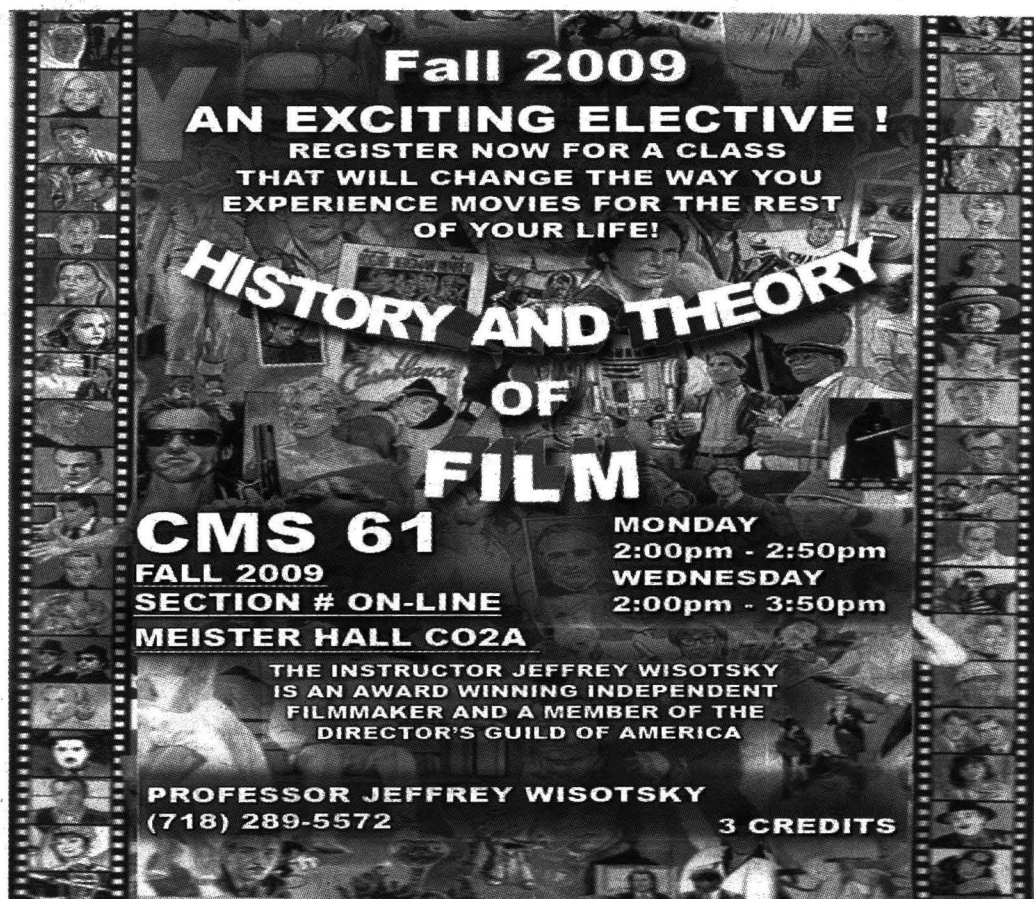
"I made Eve's Apples, which was one of the best experiences I had in school ever. I never thought in my wildest dreams that making a movie would be so challenging. Professor Wisotsky has a sort of 'guerilla' approach to filmmaking. He gave me a camera and basic lighting and sound equipment, and I made my movie. He stresses the importance of this 'slice of life' strategy in all of his classes: 'This is what we here in the Bronx have that film students at NYU or Columbia may not have—stories that come from what you experience right here in the Bronx, every day, stories from the heart. They may have bigger budgets at these other schools, but we've got the big stories. That's our edge.'"

*Eve's Apples* was a big hit at the 15th Annual BCC Film and Video Festival that took place at the Clearview Cinema near Lincoln Center in New York City. My film won the Kodak student filmmaker \$800 first prize. I also received a Peter J. Rondinone Memorial Screenwriting Award. *Eve's Apples* then went on to be a finalist in the International 2009 United States Super 8mm Film & Digital Video Festival and was screened at Rutgers University. Many from my family and friends attended the screening, and it was especially exciting for my father who said, "I can't wait for your feature film to come out so I can go to the Oscars with my daughter."

After this experience in filmmaking, I decided to continue my film studies at Hunter College and hope to go on to get a master's degree in film one day. I am also writing a feature-length script that I hope someday will be produced.

Jennifer Dominguez, another student in the Media Technology Program at BCC, was also a finalist in the International 2009 United States Super 8 Film & Digital Video Festival and screened her film at Rutgers University. Her film, *The Art of Comedy*, was also showcased, and won a Kodak \$400 third prize. Jennifer's own obsession concerning being in the entertainment business began long ago while she was taking an acting class at Artes y Cultos in the Dominican Republic. At first she was interested in being in front of the camera, but after being a production assistant on some BCC student films and seeing the passion students put into making their movies, she wanted to have that experience as well. Her most difficult challenge was learning the English language. "When I first started college I didn't know how to speak English, and it took me a year to learn the language. Now I've been here for four years in the United States of America! I made two student films, I directed and edited a school play, I'm completing my last semester in Media Technology, and, hopefully I will get my BA in film," she says. I'm also a Perkins Tutor in the Media Technology Program, and I'm thrilled that I can tutor and give back to the program I love so much."

BCC's Media Technology Program is a great place to begin to pursue a career as a filmmaker, with small class sizes and personal attention to each student. "I am learning the technical aspects -- writing scripts and telling a good story, composing a film shot properly so that every shot means something. These are the nuts and bolts of filmmaking," explains Ms. Dominguez. "Also, as I make my next film, I have to be conscious of how to go about putting all these individual aspects of moviemaking together so that they will seem seamless and the audience will find it easy to focus on the story being told. I want to make sure that how I make my movie doesn't distract the audience. I have learned how to use film equipment and non-linear editing systems like Avid Express Pro, or Final Cut, non-linear editing platforms that utilize computers to allow filmmakers to edit raw film footage and bring together photography, acting, writing, and sound, and to turn all that into what you see on the big screen." The Bronx is a great borough in which to start a filmmaking career. The scenery and culture have brought inspiration to many people who started out in the Bronx and went on to be very successful writers, actors, and directors such as Stanley Kubrick, Danny Aiello, Penny Marshall, and Chazz Palminteri, just to name a few. And soon, Jennifer and I plan to attend the Oscars, hopefully, not as guests in the audience, but as filmmakers delivering our first acceptance speech! "We want to thank the Academy of Motion Picture Arts and Sciences and Bronx Community College!"



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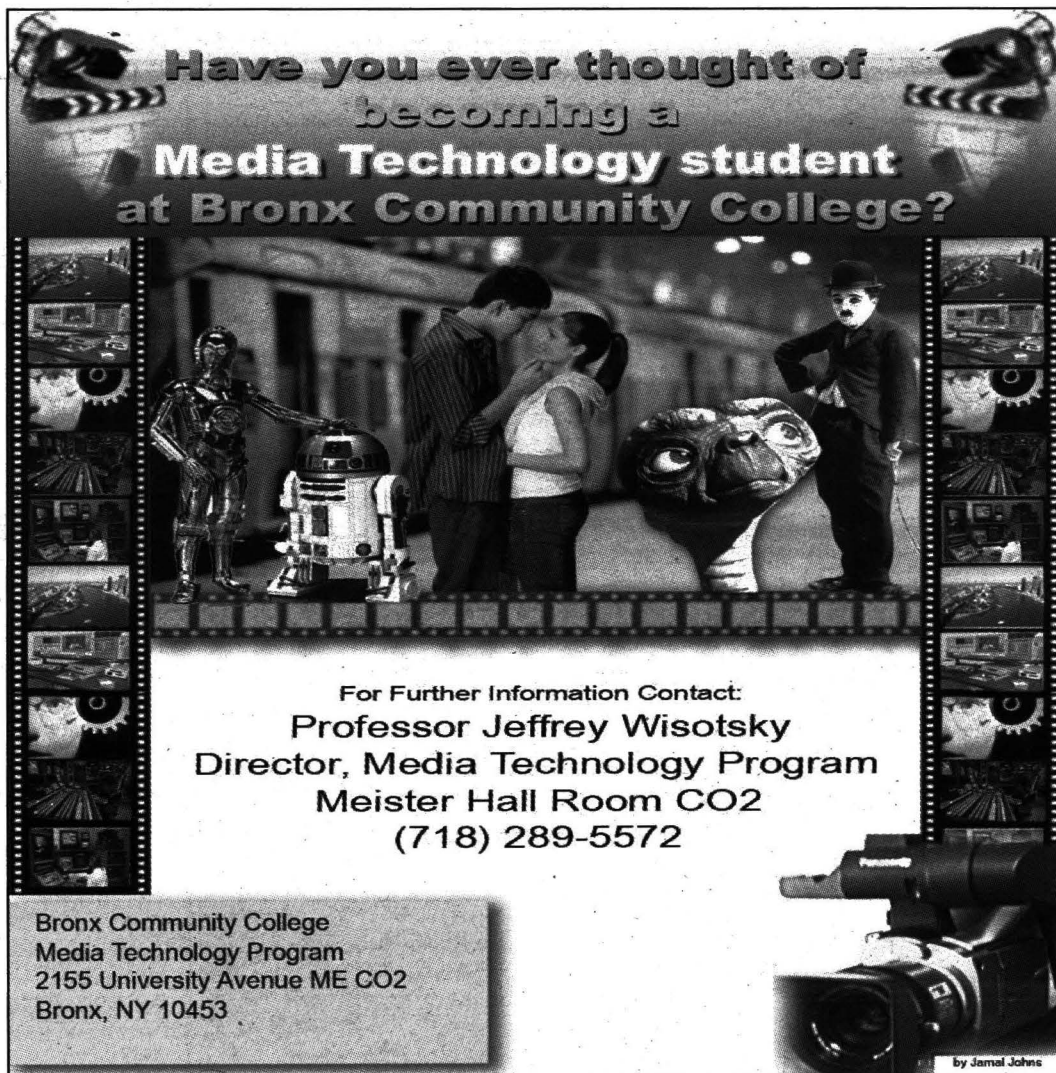
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MONDAY  
2:00pm - 2:50pm  
WEDNESDAY  
2:00pm - 3:50pm

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**3 CREDITS**



**Have you ever thought of  
becoming a  
Media Technology student  
at Bronx Community College?**

For Further Information Contact:  
**Professor Jeffrey Wisotsky**  
Director, Media Technology Program  
Meister Hall Room CO2  
(718) 289-5572

Bronx Community College  
Media Technology Program  
2155 University Avenue ME CO2  
Bronx, NY 10453

by Jamal Johns



continued from cover

A highlight of the *Closing Ceremony* was, for the third year, the presence of The Pearls of Wisdom. Artistic Director Thelma Thomas set the tone before bringing up Juliette Holmes, who related a true story about how the right to vote stirred her parents and offered them, for the first time in the South, full American citizenship. At times, soft spoken and, at others time, offering louder punctuations in her story, the audience was spellbound.

Barbara Schaier-Peleg, before inviting attendees to the reception, spoke of the significance of the College community coming to together on projects such as this, saying, "Not only do we honor the women who were nominated and, eventually, elected. We come together as a community to honor them." As the participants, students, faculty and staff relaxed after the ceremony, conversations about the event abounded, and speculation rose about who might be nominated for the Women's Virtual Hall of Fame in 2010.

The Women's Virtual Hall of Fame is sponsored by the Center for Teaching Excellence, the Office of Student Life, the Center for Tolerance and Understanding, the National Center for Educational Alliances, and the History Club.



Harriet Tubman



Ellen Johnson-Sirleaf

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## Recurring Features

### Health and Fitness with Dr. Wayne

#### Health and Fitness with Dr. Wayne Coping and Managing Stress

##### What is Stress?

Dr. Hans Selye was the first to define the term stress as the "nonspecific response of the body to any demands made upon it." It can be characterized by diverse reactions such as muscle tension, acute anxiety, increased heart rate, hypertension, shallow breathing, giddiness and even joy. Stress can be negative = Distress and it can be positive = Eustress. This difference is based on personal perception of the situation.

##### Attitude and Stress

Why is one person more susceptible to stress than another? Attitude seems to be the answer. Here are some suggestions on how to help develop more positive optimistic attitudes.

1. Teach yourself a lesson. Find something positive in a sad or stressful situation. Don't ignore the negative but learn from it.
2. Interrupt negative thoughts. Get out of pessimistic mind. Force yourself to think positive.

3. Set realistic goals. Set achievable realistic goals.

4. Be good to yourself. Treat yourself to the things you love. It is essential to building confidence and creating a sense of control over your life.

5. Go digging for silver. Seek the bright side of things. Make sure that you find at least one positive thing that happens each day.

6. Be glad it's not worse. When you are low, think of someone less fortunate than you.

7. Fake it. When all else fails, keep smiling. Project the mood you want to get back.

Next month, more stress management techniques.

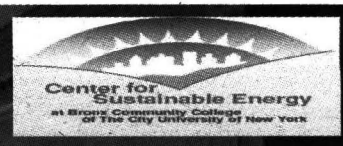
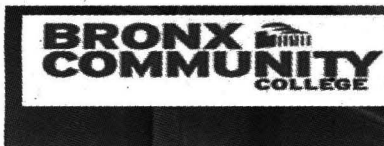
If you have any questions or comments, please email me at: Wellness4all@yahoo.com.

Be well.

Dr. Wayne Major  
Health, Physical Education and  
Wellness Department



Supporting CUNY Sustainability Task Force to cut carbon emission by 30% by 2017



Bronx Community College Sustainability Council and Center for Sustainable Energy

Present

## Earth Day 2009

## Green Jobs for a Green Sustainable Future

Tuesday, APRIL 21, 2009  
10 am-8 pm

Roscoe Brown Student Center, Room 207/208

#### Event includes:

- Information about **GREEN JOBS**
- Screening of movie/documentary
- Student contest winners presentation
- Guest speakers on **GREEN JOBS** and sustainable issues
- Free compact fluorescent bulbs (CFL)

CUNY students are ready  
for green jobs



### STUDENT CONTEST GUIDELINES

1. **Prepare** a poster/display, an essay (minimum 500 words) or multimedia presentation answering the following questions:
  - What are **GREEN JOBS** and what does that work involve? (You can focus on one or a few different jobs.)
  - How does that work contribute to improving Earth's environment?
  - What kind of education and training is necessary for such a job, and what is the pay scale?
  - How can BCC, other CUNY schools and/or local organizations help prepare students for a **GREEN JOB**?
2. **Submission** – All students registered for Spring 2009 are invited to participate. Start early!  
Deadline: April 13 to Meister Hall Room 617 or 415
3. **Judging** – Material presented will be evaluated by an appointed committee that will consider:
  - creativity
  - critical thinking
  - quality of presentation
  - writing skill
4. **Prizes** – (for each category: poster, essay, multimedia)  
1<sup>st</sup> \$150    2<sup>nd</sup> \$100    3<sup>rd</sup> \$50

#### For additional information contact:

- Dr. Claudio Mazzatenta, Biology Dept. x 5534  
Claudio.mazzatenta@bcc.cuny.edu
- Dr. Tamar Rothenberg, History Dept. x 5735  
tamar.rothenberg@bcc.cuny.edu
- Dr. Reid Strieby, CSE x 5133  
Reid.Strieby@bcc.cuny.edu
- Melissa Kirk, Director of Student Life x 5193  
Melissa.kirk@bcc.cuny.edu



# BCC Leadership Institute

## A Training Program for Collegiate Student Leaders

Free leadership training will provide students with the opportunity to develop their leadership skills and gain the tools needed to lead more effectively. The curriculum focuses on cutting-edge leadership skills and strategies needed to successfully implement both campus and community initiatives. Upon completion of the training component, students will have the opportunity to take an exam and become a **Nationally Certified Student Leader!**

### PROGRAM QUALIFICATIONS

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  - Have a minimum cumulative G.P.A. of 2.5
- Have completed at least 12 degree credits, but have no more than 35 prior to submitting the required application
- Submit a recommendation from a member of the BCC faculty
  - Provide a brief statement of at least 250, but no more than 300 words, detailing campus and community leadership plans
- **Please Note:** In certain cases, the program qualifications may be waived if the student is already involved in a campus leadership program.

Applications are available now and can be picked up in the Student Life office, RBSC 102. Upon request, an application can also be sent to you via the mail or by email. If you need additional information, please stop by our office in RBSC 102 or call us at 718-289-5194.



## Campus News

# Opening Ceremony for Black History Month at BCC

By Carlos Roldan

February is a very special month for many reasons. Love is in the air for many on Valentine's Day. And let's not forget its unique tendency to change its numbers of days every four years. But most importantly, it is a special month because it honors the observance of Black History Month. During this month students and faculty focus on the efforts of the African American ancestors of this great nation that have made movements to get us to where we are now politically and socially. Radicals like Malcolm X to freedom fighters such as Harriet Tubman are remembered and honored for their valiant efforts towards peace and equality of all men and women of all colors and creed.

During February, Bronx Community College celebrates Black History Month with many events taking place throughout this special time. On February 3, 2009 an opening ceremony was held to highlight and kick off the number of events that would be happening on campus. The ceremony was an open invitation to all at Bronx Community College. Students, staff, and faculty came together to recognize those that have been a part of and are still making black history. Also invited to the event was a very special key note speaker, author and former *New York Times* editor, Ta-Nehisi Coates.

There were a number of faculty members that lent their thoughts to the crowd regarding their appreciation and recognition of Black History Month, including our Senior Vice President of Administration and Finance, Mary E. Coleman. Included in the lending of thoughts

were two students who both gave powerful performances. Nirvana Burns, a student at Bronx Community, recited a poem that struck every heart in the room. Her poem spoke of a young boy's coming of age into manhood who was not given the proper tools to create a future that didn't involve jail or death. These inevitable outcomes were due to the lack of a father figure and a mother who worked two jobs to support her family.

The reality of her poem was extremely powerful and added to the heightened sense of self awareness and growth in the room. In his remarks, Manny Lopez, Assistant Director of Student Life, shared what Black History Month means to him. Both of them followed the event's Keynote Speaker, Ta-Nehisi Coates.

No, Mr. Coates is not a student or faculty member of Bronx Community College. He is the author of *The Beautiful Struggle* and a writer and editor for the *Atlantic Monthly*. Mr. Coates' contribution to the event was a reading from his book, which is based on his own memoirs and those of one of his older brother and his father. The book, which has been critically acclaimed, revolves around his coming of age on the city streets of Baltimore at a time when crack and Hip-Hop were still toddlers.

Before he began his reading, Mr. Coates shared his personal feelings about the upcoming generation of black male youth and the "ghost" father figures. He spoke of his childhood friends and how his situation was extremely unique in comparison to his cohorts in the sense that he had an actual live-in father who played a crucial

role in his upbringing. He also spoke of his mother as a key component in his youth, though she was not a frequently mentioned in his book.

After reading a few passages from *The Beautiful Struggle*, the students and faculty had a few questions pertaining to his book and upbringing. When asked, "When did you know you were a man?" Mr. Coates related that one of those moments occurred when, instead of continuing to complain about his worn-out mattress, he finally buckled down and made his first "grown-up" purchase. Though Mr. Coates realizes he still has a lot of growing up to do, this was his moment of manhood. Through this Q&A we learned that Mr. Coates did not actually graduate from college, but he did not suggest that any student drop out of college. He also went on to talk about his love of old school Hip-Hop.

At the end of the ceremony, 50 copies of *The Beautiful Struggle* were given to the students that attended the event.

The faculty, students, and keynote speaker that attended were all very inspirational. The ideas of Black History Month were embodied in all of their messages. Many students were touched and gave thanks to Mr. Coates for coming to BCC and for being a great example of an African American man who is on the path to success. All of the speakers recognized that in these moments of great hope, while our president is also black, we as a people can overcome any obstacle.

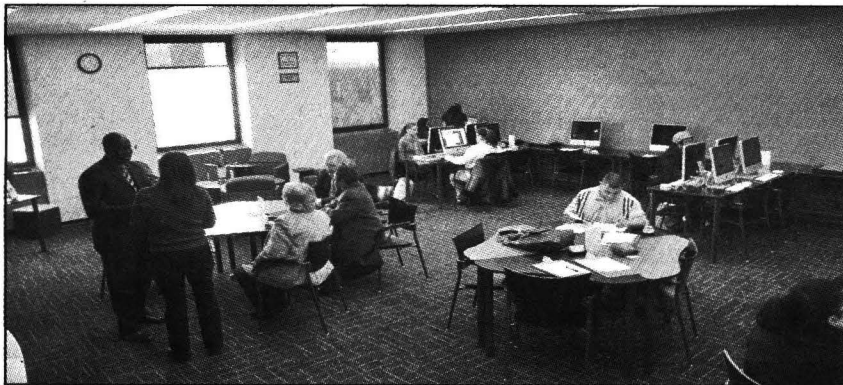
## For Students Only! Academic Computer Lounge Opens in Meister Hall

Want to collaborate with a study partner or group in a quiet place with a computer? Go to Meister Hall, Room 329. Sit down in front of one of 16 new iMac computers placed side by side around the perimeter of this spacious, newly painted and carpeted room, especially designed for collaborating.

Work in an Internet-connected, wireless environment. Computers run either Windows or Macintosh operating systems. Bring your own laptop and study alone. Tables and comfortable chairs are well spaced across the

Finance; and Nadine Posner, associate dean of Academic Affairs, visited the new Meister Hall lounge and heard Wanda Santiago, associate director of academic computing, talk about the benefits of the new facility.

"This project took approximately six months to complete. The room was created in response to students' requests for an open use computerized facility that they could call their own," noted Santiago. She thanked the Campus Planning, Information Technology and Physical Plant Services teams for their collaboration in the



On a visit to the new Academic Computer Lounge in Meister Hall 329, David Taylor, associate dean of administration and finance (left), listens to Wanda Santiago, associate director of academic computing and project director for completing the makeover of the new lounge. Seated at the table are Alice Fuller, professor and dean of faculty and academic affairs (third from left), BCC President Carolyn G. Williams, and Jim Kennelly, executive director of Information Technology.

room. Classmates can spread out with books, papers, and their own mobile devices. An attendant is on duty Monday through Thursday from 9 a.m. to 10 p.m.; Friday from 9 a.m. to 5 p.m.; and Saturday from 9 a.m. to 2 p.m. This room is reserved for students; no computer classes are permitted.

A curious President Carolyn G. Williams; Jim Kennelly, executive director of Information Technology; Carol White, special assistant to the president; David Taylor, associate dean of Administration and

makeover.

"This is a great campus place to study," said marketing major Eugenia Castillo, who plans to graduate in June. "Students can come and do homework and work together on projects with classmates. I wish the college would open a couple more computer study lounges," Castillo added.

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## Are You an Ambitious Student Who Has Questions about Scholarships?

Yvonne Erazo is the person you need to talk to. She's in Lowe Hall, Room 428. You can call her at (718) 289-5903.

She can help you thread the needle that may result in a scholarship. "I love working with ambitious students who are seriously interested in seeking a scholarship but don't have the know-how" says Erazo, coordinator at the Bronx Center for Scholarship Information. "I believe that all students should have the opportunity to attend college. They shouldn't have to pay too much, or at all, out of their own pockets."

According to Erazo, there are many scholarships available at various times of the year. Scholarships are usually offered at the end of the fall semester with deadlines in early spring. "Unfortunately," Erazo adds, "a large majority of the student population is unaware of these opportunities. There is a strange belief that I hear when students talk to me. It is 'you can't get something for nothing.' I don't know why they think that way. This is not the right belief to have if you are a truly ambitious student seeking a scholarship."

"Scholarships are time-consuming and require a lot of focus on the part of students and, sometimes, their parents. Too often many students do not want to go through the efforts of applying for scholarships because they have concluded when they start that they are going to get rejected for their efforts," adds Erazo.

Another category of students, Erazo says, are those students who are simply oblivious to the fact that there are many scholarships available. They are probably too often distracted by several things going on at the same time in their lives. They don't have much time to research or even ask about scholarships.



Yvonne Erazo is CUNY born and bred. She received her AAS from BMCC in Business Management, continued her education at Baruch College's Weissman School in Business Journalism, and earned her master's in Education from Baruch College's School of Public Affairs. Currently, she is studying for her doctorate in School Psychology at Fordham University. She grew up in Spanish Harlem and now lives in Yonkers.

### Yvonne Erazo's Advice for Ambitious Students Seeking Scholarships

**Be prepared to:  
Bring up your GPA if it is  
below 3.0.**

**Work with her from the day you  
first meet with her.**

**Write essays and a resume.**

**Discuss obstacles faced in  
obtaining an education.**

**Research, read, write and gather  
information.**

**Talk to professors with regard to  
recommendation letters.**

## BCC Offers Courses for Personal Trainer and Nutrition Strategies for Performance

Become a personal trainer. Earn your personal training certification at Bronx Community College and help others obtain good health and wellness. Personal trainers are in high demand and can find jobs in coaching, private health clubs, rehabilitation clinics, hospitals, spas, cruise ships or resorts.

Join what *ABC News* states is the fourth hottest job in the US, earning at a national average of \$25 an hour. The Personal Trainer course is a great opportunity to network with employers. You can obtain valuable experiences through classes and internships while developing skill competencies. This challenging course is taught over a six-week period (six Sundays from 9 a.m. to 4 p.m., May 3 to June 21, 2009). The National Exam is held in the sixth week.

Fifteen hours of hands-on practical training prepares you to actually work with clients one on one. Also, 15 hours of lectures include, but are not limited to, anatomy, exercise physiology, nutrition and health screening.

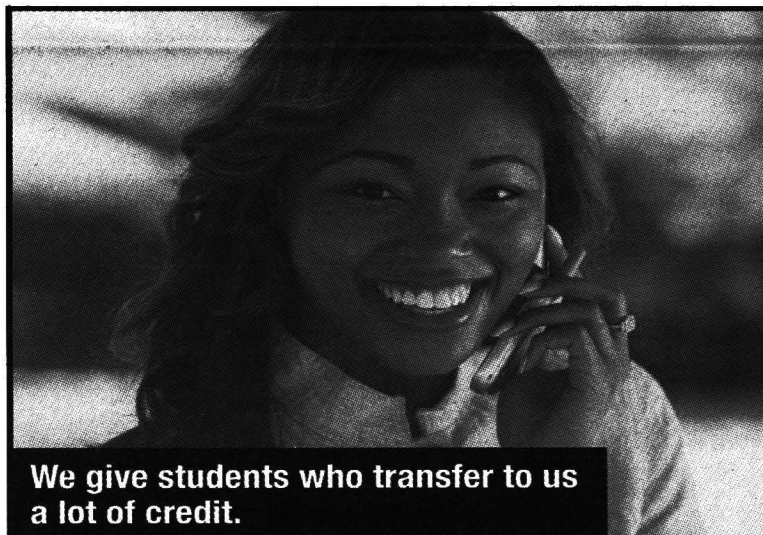
Nutrition Strategies for Performance is a great course for people already in the fitness field who wish to add to their skills. This six-hour class (Saturday, July 25, 2009, from 9 a.m. to 4 p.m.) is for health and fitness professionals who want to learn more about how nutrition influences physical performance. Specific topics to be discussed include diet analysis, the new food pyramid, the fueling cycle, fuel and fluids that improve performance, overcoming performance challenges, and sports and condition specific nutritional strategies.

For more information, call (718) 289-5170. You can also visit [www.bcc.cuny.edu/cps](http://www.bcc.cuny.edu/cps) or e-mail [cps@bcc.cuny.edu](mailto:cps@bcc.cuny.edu). You may also visit the Continuing and Professional Studies Office in Philosophy Hall, Room 14.

## Congratulations to BCC Student and Phi Theta Kappa Member Bouniyaminou Gbadamassi

Mr. Bouniyaminou Gbadamassi, a Bronx Community College student, Kaplan Scholar and Phi Theta Kappa Member, was selected as the 2009 Coca-Cola Silver Scholar. Selection as a Coca-Cola Scholar was based on scores earned in the All-USA Academic Team competition. The Coca-Cola Scholar program is sponsored by the Coca-Cola Scholars Foundation and is administered by Phi Theta Kappa Honor Society. As a Silver Scholar, Mr. Gbadamassi will be provided with a certificate, silver medallion, and a check. He will be listed in a special section of USA Today on April 6 along with the Gold and Bronze Scholars.

Again, congratulations to Mr. Bouniyaminou Gbadamassi on your outstanding achievement, which earned you this recognition.



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## Beyond the Quad

# Anorexia Is the New Trend

By Gretchen Guererro

Over the years, anorexia has become an epidemic followed by other eating disorders among young teenage girls. It is the most well-known type of eating disorder. It is rapidly spreading because of all the attention it receives from the media. The more attention it gets from television and magazines, the more young teenage girls are going to be influenced into trying this quick method of weight loss unaware of the dangers and consequences.

The term anorexia is of Greek origin: "an" means lack of and "orexis" means appetite. Anorexia was identified and named in the 1870's, when it appeared among adolescent girls. Anorexia is a serious disorder in eating behavior marked by a tremendous fear of gaining weight. This eating disorder is also characterized by low body weight and body distortion. Individuals suffering from anorexia conduct drastic measures in order to lose weight. For example, anorexic people starve themselves intentionally. Anorexic people may drop significantly below normal weight, which is fifteen percent or more, but still feel like their overweight and are obsessed with losing their fat due to the fear they have.

There is no blame in anorexia nervosa. Anorexia is not an indication that parents have gone wrong in raising their children. Cultural, genetic and personality factors interact with life events to initiate and maintain eating disorders. Anorexia has many symptoms. One of the major symptoms is having a poor self-image. An anorexic person might feel scared and trapped because they feel fat, unattractive, and inadequate. Their minds are not their own because they are possessed by thoughts and images of food, calories, weight and body image which haunt them.

There are also other physical symptoms. For example, refusal to maintain a normal weight according to their height and age, losing weight too quickly due to restricting food or purging, three missed consecutive menstrual cycles, bone loss, extra sensitivity to cold, bloated stomach after eating, lanugo hair growing due to lack of warmth, yellowed skin, thinning hair, and confused thinking due to the brain's need of fuel to function properly. In addition to physical changes, behavior and mental changes also occur. For example, distortion of body image, ritualistic eating, spitting out food before swallowing, excessive intake of diet pills and exercise, isolation due to refusal to eat while socializing with others.

Many factors may lead a person to fall into this manipulated disease. One major factor is culture. Anorexia occurs mostly in adolescence and mostly in weight-conscious cultures. Body ideals vary across culture and time. For example, in the United States, society has made individuals believe that one must be thin. In Africa, however, it is the opposite. Thinness represents hunger, poverty, and AIDS. Cultural pressure is represented through fashion magazines, advertisements for diet pills, and even through some toys like Barbie. Just like any other disease, anorexia has many complications. If not treated soon, it may result in death. Anorexia has one of higher rates of death than any other mental illness. Serious or life-threatening complications may include anemia, heart problems, increase risk of fractures, lung problems, gastrointestinal problems, electrolyte abnormalities and kidney problems. A person with anorexia may become very malnourished due to the refusal of eating. This will result in damage to each

organ including the brain. Even with the anorexia under control, the damages may not be reversible. Other mental disorders may be developed along the way including depression, anxiety disorders, personality disorders, obsessive-compulsive disorders, and drug abuse.

There is still hope for those who suffer from anorexia nervosa and want to overcome it. Many treatments are available depending on how severe the person is. Doctors, psychiatrist, and dieticians all work together as a team supervising and helping anorexic people recover. Anorexic individuals who get help are under medical care getting frequent monitoring of vital signs, hydration level and electrolytes.

Psychotherapy is another form of treatment that includes individual, group, and family therapy. In the individual therapy, the mental health provider may use the cognitive behavior therapy. Group therapy offers an opportunity to relate to others who suffer or have suffered from this disorder. Family therapy is very beneficial to those anorexic who still live at home because it helps resolves family issues and it encourages family support.

In a nutritional therapy, a dietician offers guidance to a healthy diet. In most severe cases though, patients receive their food through a nasogastric tube. This tube is placed in their nose and goes to the stomach.

*continued on page 12*

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## Going Global

### The Role Immigrants Play in American Society

By Catherine Cudjoe

Immigrants are important to the economy and have been the cornerstone of America since the 1600s. In American society immigrants wear many hats; they help in so many ways. Some are workers, inventors, lawyers, students, doctors, business owners, and so on. They often take the jobs positions that native-born Americans do not want to do. Like former President Bill Clinton has said, "Everyone counts, everybody deserves a chance, everybody has a responsible role to play."

Many Americans, however, feel that immigrants are a drain on America's economy. They make the mistake in believing that immigrants drain America's economic resources. This is not true. More native-born Americans receive welfare, for instance, than do immigrants.

After the Civil War, workers were needed to fuel industrial and economic expansion. Between 1860 and 1900, around 14 million immigrants from most parts of the world arrived in the United States soil. Immigrants are essential workers and many of them are professionals with specific sets. Former President George W. Bush has said, "Match willing workers with willing employers." Immigrant workers helped the economy boom in the 1990s and are related to the economic recovery and are also for future growth. Almost \$10 billion each year immigrants add up to the United States economy and are necessary for future economic growth.

The US Department of Labor reported that between 1998 and 2008, the number of jobs increased because most American "baby boomers" retired, and immigrants again played an essential role in reducing

long-term labor shortages.

During the recent unprecedented expansion in the America economy, immigrant workers were essential in filling jobs, ranging from computer programmers to hotel and restaurant workers. As reported by the National Academy of Science (NAS), immigrants and their children bring long-term economic benefits to the United States as a whole.

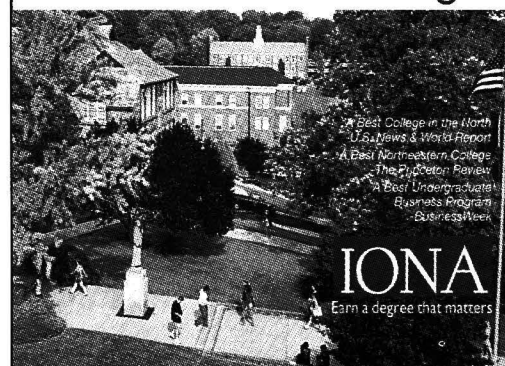
According to President Barack Obama and Senator John McCain in back-to-back speeches at NALEO, "America has nothing to fear from today's immigrants. They have come here for the same reason that families have always come here – for the hope that in America, they could build a better life for themselves and their families ..."

What we, as Americans, have learned from my research and also knew before about immigrants in the United States, has given me is that immigrants in the United States don't take away jobs from native-born Americans; they, rather, contribute to the economy.

\*NALEO is the National Association of Latino and Elected Officials.



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CUNY Bronx CC-April 6.09, ISSUE

## Attention Upcoming Graduates

### The 2009 BCC Yearbook is Coming

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The yearbook has a group on **facebook**

"Bronx Community College 2009 Yearbook".

Open to all BCC students graduating January, June, or August 2009. Share memories, ideas, and photos that could be used in the upcoming 2009 yearbook. Get updates and news about the yearbook and vote for your favorite designs. Join us!

## The 2009 BCC Yearbook - Be There!

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**Don't let the memories fade away!**



# My Experience as a Freshman at Two Wonderful Events

By Rosanne Hariprasad

My experience as a freshman at the Emerging Leaders Conference and the 5th Annual Dr. Martin Luther King Jr. Commemorative Dinner was a lifetime experience – something that will stay with me during the years.

What I learned from the conference was that leaders are being created or formed in different ways such as in our communities, schools, colleges and public services.

One of the phrases the keynote speaker mentioned that made a great impact on me was, "All knowledge is not taught in the same school, one can learn from many sources." To my knowledge, we as a community and country can learn from different cultures, in different ways and from different experiences.

Talking about different cultures, I had the opportunity

to meet students from various backgrounds and colleges. To name a few of the colleges: Baruch, Brooklyn, Lehman, and Hunter.

In the evening, although I was a tired, I went to the 5th Annual Commemorative Dinner. It was a wonderful experience. There I personally met our president, Dr. Carolyn Williams. She is a wonderful person, and I was honored to meet her. I also met the keynote speaker, Dr. Calvin Butts 3rd, a spiritual and community leader. His speech made a tremendous impact on me. He spoke of "The Rising Tide of Color and A Tide of Being Poor." He is also a wonderful person to know.

My encouragement to the students of BCC and other colleges is to get involved with student life and student government, join a club and be active on campus. It

would benefit you in some way in college and in your life. Try to go to the workshops because they are very educational, and you will definitely learn something from them. Get information about what is going on your campus, meet students from other colleges, and meet people who can make a difference in your life.

I was honored to be able to attend the two events. I appreciate the sacrifice my husband made for me to attend both of them. Also I want to thank Manny Lopez who invited me to the Emerging Leaders Conference, and Melissa Kirk from whom I got the information about the 5th Annual Commemorative Dinner in one of her workshops I attended.

*continued from page 10*

According to the FDA, there are no medications approved to treat anorexia. The reason is because they have not shown benefit in treating this disorder. Antidepressants may be offered for depression or anxiety that is accompanying mental disorders. If it gets to a place where the patient's organs are severely damaged or is extremely malnutrition, hospitalization is also an option. The problem with treating anorexia is that most of them are in denial and do not wish help. Some even promote it as a choice of lifestyle to remain thin. Anorexia can be a life long battle.

I have experienced a friend suffering from anorexia nervosa. At first, my friends and I did not know anything about this disorder until we noticed her strange acts. My friend, Brianna, used to be very outgoing and social until her break up with her long-term boyfriend. She did not want to go anywhere with us. She would rather stay working or at home with her daughter.

Over time, we grew apart because she moved upstate with her mother. We still spoke on the phone, but it was difficult to see each other. One day while I was opening my mailbox, I received an invitation to Brianna's niece's fourth birthday. My friends and I were excited because we were actually going to see her again.

The day came and my friends and I went to the party. As we entered, we were all looking for Brianna,

but could not find her. Then, out of nowhere, she came up to greet us. I could not even recognize her. She had a back-out dress in which you could see all her bones. The way her body looked frightening my friends and me. I immediately asked her what happened. She responded by saying, "I started a new diet." I asked her what her diet consists of, and she replied, "I just eat one small portion once a day and I exercise frequent while taking diet pills." She actually thought that she needed to lose a little more weight, not realizing that she was almost invisible.

I also noticed that she really did not want to socialize with anyone. I never even saw her with a plate in her hands, while everybody did, including us. While everybody was eating, she pretended to be fixing the decorations.

I dared myself to approach her to have a talk. I explained to her my reactions towards seeing her and how disturbing her appearance was to all of us. She did admit that she does feel like eating, but was afraid because not everybody has the same reaction to food as her and that food will make her gain weight more quickly than anybody else will. She also admitted to feeling depressed and lonely, but did not say why. She wanted me to help her, but not to share my information about her to nobody.

I was confused as to what to do. She wanted help, but I did not know where to go for help. I started doing

research and found out that she was suffering from an eating disorder. I rushed to the phone and made an appointment for her with a psychiatrist. The psychiatrist diagnosed her with anorexia nervosa due to the depression she underwent from her break up with her boyfriend. It turns out that the break up was caused by an affair he had with a much thinner woman. She then felt as if it was her fault he had an affair because she was not thin enough for him. That is where the obsessive dieting started. Luckily, Brianna received the medical attention she needed and recovered before it was too late.

It seems clear that more and more young teenage girls are being "brain-washed" into believing that they must be thin in order to look attractive and in order for society to accept them. The sickness does not only lie in those who suffer from anorexia nervosa, but also on those cultures that are obsessed with weight and image. These cultures are pressuring the public through advertisements, magazines, and television not worried about the consequences. These cultures are responsible for young women and older women to be always dieting and always semi starving. Many who suffer from this disorder do not get the help they need like Brianna did, and they are in great danger. So if you know anybody who you believe needs help, do not hesitate to do so before it is too late.

## Discontinued, Inconvenient

By Christopher Minaya

Despite mailing notifications to all valued customers at a favorable time, the discontinuation of the Washington Mutual West Fordham branch at 18 W. Fordham Road., in the Bronx, could not seem more precipitous to the all the doubting Thomases, customers.

"Oh, my God. I cannot believe they went through with shutting it down," one customer said to another just days after its scheduled closing, February 17, 2009, outside of the bank with its logo covered up in white sheets and a "retail space available" sign posted on the window right next to an ironic WaMu ad that states "saving is personal."

West Fordham is the starting gate for the abundant shopping center and its periodic shoppers who race against shopaholics for the prize of a variety of desired items, while the WaMu West Fordham branch was their jockey.

"Continuing to shop here is up in the air with that WaMu now closed. I, and most of my friends, have a bank account with WaMu. Before shopping, we would

go to that WaMu to take out money without having to pay any ATM fee, or deal with the inconvenience of walking very far." Andrea Parker, a 27-year-old and lifelong resident of West Fordham, said a week after it was discontinued.

There is another WaMu branch in town, 257 East Fordham Road. However, it is bordering on desertion from public transportation, as there are no train stops nearby, and the sight of a bus is more plausible to be a mirage than an actual bus.

"Consolidation was the cause for the closing of the branch on West Fordham Road, as WaMu continues the process of becoming Chase. This branch, East Fordham, will remain open, while employees who were transferred from the other branch will continue to earn the same pay, and customers' convenience will remain existent," said Michael Delgado, Assistant Financial Center Manager of the East Fordham branch.

Uh..... no. The convenience ended as the branch's doors closed for the last time. I have lived a

block away from West Fordham for almost a decade now, and the convenience that West Fordham branch's location provided to this community is just about irreplaceable. There is a bus stop and a train stop on the corner of the street where the bank was located, and the branch was right before all of the popular stores.

"There was a Chase bank on this street before the WaMu opened up, so I guess Chase does not like this area. But, I believe it is just a matter of time before another bank notices the necessity for a bank on this street," said China Skelt, a 25-year-old, optimistic community resident.



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# **BRONX COMMUNITY COLLEGE SECONDHAND SMOKE PROGRAM**

## **EFFECTIVE: SEPTEMBER 1, 2009**

### **PROGRAM INFORMATION SHEET**

#### **BACKGROUND**

Effective September 1, 2009, Bronx Community College will start a new program on the prevention of the exposure to secondhand smoke (SHS) throughout the campus. This new program is based upon many years of science proving that major health problems are caused by secondhand smoke. Bronx Community College is responsible for providing a healthy environment for its entire community, which includes visitors as well. The program will promote the health of both our college community not challenged by health problems and our special needs members with asthma, diabetes, emphysema, cancer, cardiovascular conditions, etc., as well as children and seniors whose systems are not functioning efficiently. Precedence for this program has been established with the implementation at many colleges throughout New York State.

#### **PROGRAM**

Smoking will not be permitted within 40 feet of all building entrances and air intake vents. Signs will be posted at all entrances and air intake vents. Designated comfortable smoking areas, with outdoor ashtrays and tables, will be located at specific areas throughout the campus. Smoking area signs will be posted at these areas. Individuals should smoke within these areas and be sure that they extinguish and dispose their cigarettes into the ashtrays.

#### **PROCEDURES**

This program will be implemented with a friendly reminder procedure that will rely on the thoughtfulness, consideration, cooperation, and positive interaction of both smokers and non-smokers. All members of the college community will be requested to remind individuals (including visitors) to please smoke within the designated areas. The Campus Public Safety Officers will remind the smokers of the new program by showing them the signs and indicating where they can smoke within the designated smoking areas.

#### **EDUCATION, SUPPORT AND CESSATION PROGRAMS**

This new program will periodically be publicized through all campus media to remind the entire college community of its purpose. The education, prevention and cessation programs of smoking will be included in courses within various Departments such as the Department of Health, Physical Education and Wellness in conjunction with special programs implemented by the College Health Services. Individuals who wish to stop smoking will benefit from these courses and special programs. These individuals will also be referred to off-campus resources such as the American Cancer Society and the American Lung Association, as well as encouraged to contact 866-NY-QUITS (697-8487) or visit [www.nysmokefree.com](http://www.nysmokefree.com).

#### **EVALUATION**

Emerging scientific research will be reviewed periodically to determine if new program recommendations will be needed and the goal of promoting a healthy environment is fulfilled.

Co-Sponsored by the Department of Health, Physical Education, and Wellness, BCC Health Services, and BCC Student Government



# Poetry Corner

## Let's Celebrate Mothers of Mankind By Mohammed Meishanu

Lift every voice and celebrate the praises of the  
Daughters of Mama Africa. Imbued with strength  
and perseverance, with strong backs of steel,  
ramrod and straight you carried mankind.  
You've earned the respect of mankind because  
They carry your mitochondrial strains.  
Nurturers and givers, your sons and ideas you gave  
To mankind to be pioneers and builders.

You imbued Nelson Mandela with forbearance and fortitude  
He rose to carry your torch burning with your freedom  
Your sister Winnie a tower of strength and love  
She fought with strength and nurtured with love  
Until freedom was ours and magnanimity we gave.

We celebrate you oh sisters of Yaa Asantewaa, the warrior queen  
Who took up arms to defend her people against the oppressors.  
A terror to the invaders. You have her strengths in you, you never falter.  
Daughters of Oduduwa the nation builder strong and wise, her medicines  
Healed the Yoruba and warriors she made of them.  
Sisters of the strong Mandingo warriors, tall and regal,  
With pride you raise your heads never cowered.  
Cousins of the Masais, Kikuyus and the Buganda,  
The tall as reed Nubian Pharaohs' were your sons.

You were born with Queen Nandi the she-elephant, noble and proud.  
Matriarch and protector of the Zulus, she with the shining tan,  
natural and beautiful. She who in the dawn stomped the canons of the  
invaders and aggressors into mangled metal, we celebrate you.  
Sisters of Queen Amina of Zaria, your bravery and conquest of  
The odds are sang and celebrated. You still rise tall and strong in your  
Saddles, ride to fight the odds and the impossibilities.

Daughters of Mama Africa rise and hearken to the voice of Makeba,  
Whose call is to raise people's spirit to fight oppression and liberate  
themselves from the dust. Wangari is an achiever, you are one with her, you also can  
achieve with your bright countenance and affection as fierce as the African sun you ride into the  
world of possibilities, with purpose and determination go on to achieve against the impossible.  
Rise and achieve sisters face the rising sun of the future and victory will be yours.  
Rise sisters, sisters rise!

## I'd Rather Stay Asleep By Nirvana

I'd rather stay asleep...  
That's usually the best part of my day  
Because I wake up into my nightmares  
Wonderin If I didn't wake up tomorrow  
would anybody care?  
would I even care?

People say I'm dramatic but it seems like  
I gota do something drastic to get a reaction these dayz  
Been feeling really unenthusiastic  
But on the surface I look fantastic!  
Talk to friends and loved ones?  
Please they don't care  
I'd rather talk to a shrink  
they got a degree to listen to you  
ramble on about your addictions,  
and depressive, suicidal,  
thoughts right?  
I'm mad because although  
my academic performance is superior  
I don't feel I belong here  
My ambition deserted me  
at my greatest time of need  
I'm loosing the steam that was pushing  
me towards my degree  
Seems like ill never fulfill this dream  
I pity people that envy me because  
They see the smoke screen of  
Accolades and good grades  
But that shit fades

In the real world, an "A" holds no weight  
I'm still just a  
Ghetto fabulous Cast way  
So what's the point???

None of us want to be here anywayz  
We suffering day in and day out  
Got me wanting to cash out  
Watching what our life "should" be like on MTV cribs  
I'm mad because

The prison of the mind is the worst kind  
I feel like a mime pressing against the invisible box of time.  
Trying to escape the divisions in my mind  
Shredding the memories of the bad timez  
We can only hope things get better with time  
because the welfare line is on an incline  
Yet, wages continue to decline  
Hit wit an eviction notice twice  
Struggling to pay rent and  
Aint got no lights  
Because "broke" is always the ghetto plight  
Sardines in a can packed together tight.  
That's what the Ghetto is right?  
My zest for life has left  
decomposed breast due to the spiritual unrest that boils in my chest.  
My body is ready to crash. I know the troubles will pass  
so gotta make the good times last  
In my case I can only dream of a better place  
That's why I'd rather stay asleep  
In my eternal rest  
The tension doesn't build in my chest and  
I don't suffer from spiritual Unrest...



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